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Amendments to the Claims:

1 to 12. (canceled).

13. (currently amended) A method for consolidating a shaped nanophase metal aluminum powder, comprising the steps of:

encompassing said shaped nanophase metal <u>aluminum</u> powder with a flowable pressure transmitting medium that is heated to a first temperature;

compressing said heated medium at said first temperature and thereby consolidating said shaped nanophase metal aluminum powder;

heating said medium to a second temperature that is <u>between about 700 °F and about 1000 °F</u>, and that is higher than said first temperature; and

compressing said heated medium at said second temperature and thereby further consolidating said shaped nanophase metal aluminum powder.

14. (canceled).

- 15. (currently amended) The method according to claim 14 13, wherein said second temperature ranges between about 775 °F and about 875 °F.
- 16. (original) The method according to claim 13, wherein said first temperature ranges between about 700 °F and about 1000 °F.

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- 17. (original) The method according to claim 16, wherein said first temperature is about 700 °F.
- 18. (currently amended) The method according to claim 13, wherein <u>each of said each</u> compressing steps comprises mechanically compacting said heated medium to consolidate said powder.
- 19. (original) The method according to claim 18, wherein said mechanically compacting is performed using a hydraulic press.
- 20. (previously presented) The method according to claim 13, wherein said shaped powder is shaped by enclosing said powder in a container, said powder remaining enclosed in a said container during said encompassing step during which said container is also encompassed with said medium.
- 21. (original) The method according to claim 20, wherein said container is formed of a material that is sufficiently thin to have a negligible effect on consolidating said powder when said medium is compressed.
 - 22. (original) The method according to claim 13, further comprising: prior to said consolidating step, cryomilling and degassing said powder.

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- 23. (original) The method according to claim 13, wherein said powder is a nanophase metal selected from the group consisting of aluminum, iron, aluminum alloys, and iron alloys.
- 24. (original) The method according to claim 23, wherein said powder is nanophase aluminum.
- 25. (previously presented) The method according to claim 13, wherein said shaped powder is a preform mass.